‘A STORY THAT NEEDS TO BE TOLD’

JACK LAYTON BIOPIC BOTH PAINFUL AND JOYOUS FOR OLIVIA CHOW AS SHE VISITS THE WINNIPEG SET PAGE 4

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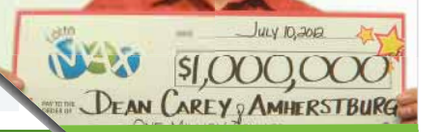

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Mostly glowing reviews

“It’s been perfect,” said Canadian soccer star Christine Sinclair of the London Games as the Olympics came to a close PAGE 26

But a few points lost

Not all was golden for Canada at the Games — check out the high and lows PAGE 27

Generation next

Youngsters like Rosie MacLennan and Milos Raonic lead a pack of fresh-faced Canadian stars who will be the ones to watch in Rio PAGE 28

London 2012: It ain’t over

TILL THE SPICE GIRLS SING

The Spice Girls perform during the closing ceremony at the 2012 Summer Olympics in London. At left: Bronze medallist Carol Huynh joins the celebration Sunday night.

SERGEI GRITS/THE ASSOCIATED PRESS AND FRANK GUNN/THE CANADIAN PRESS

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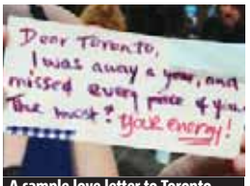
She wrote a letter to her love and on the way she dropped it

Love Lettering.
Writer's flea-market booth invites Torontonians to tell what they love about the city



A sample love letter to Toronto. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Susan Wright pauses outside the Love Lettering booth at the Junction Flea Market, pen in hand.

The last time she wrote a love letter, she lost her nerve and never sent it. This time, her letter is addressed to Toronto. Wright is taking part in a project launched by Lindsay Zier-Vogel, who first began leaving anonymous love letters all over the city eight years ago.

Zier-Vogel has tucked more than 500 handcrafted notes about Toronto into bicycle spokes, tree branches and letter boxes. "You can love a place like it's a person," she says.

She has found the project so rewarding, she's sharing it with others, by setting up booths with pens, stationery and glue sticks, and inviting passersby to tell what they love about Toronto. She snaps a photo of each note before it's sealed.

A-tisket, a-tasket

750

After near-weekly events all summer, Zier-Vogel guesses about 750 letters have been written and left all over the city.

"Dear Toronto, I love your flea markets and sunny days," one reads. "Dear Toronto, I love you most when you're being yourself."

After eight years of practice, Zier-Vogel says her best advice when it comes to writing a love letter is: Be specific, and listen to your heart.

"Whatever the first thing you think of is, that's probably it," she said, recalling one participant who just wrote "waffles."

"I was like, 'Yes, waffles!' If that's the thing you love, go for it."

TORSTAR NEWS SERVICE

Lindsay Zier-Vogel shows off a hiding place for her love letters to Toronto on Sunday at the Junction Flea Market. For eight years, Zier-Vogel has been writing love letters to the city and tucking them away in places for strangers to find. Now she's asking others to join in. COLIN MCCONNELL/TORSTAR NEWS SERVICE

CNE to go it alone without Ontario Place

For the first time in 41 years, the Canadian National Exhibition is getting ready to open without its longtime partner, Ontario Place.

Until the province's sudden closure of Ontario Place in February, admission to one park included admission to the other.

"There's such a huge history there," CNE general manager David Bednar said of Ontario Place. "So many people were fond of it."

CNE organizers will be watching admissions closely to see what effect Ontario Place's closure has. For now, Bednar expects between 1.3 and 1.4 million visitors to come through the CNE gates between Aug. 17 and Sept. 3, a figure similar to last year's attendance.

Consumer research conducted in 1999 and 2009 shows having admission to both sites was only a minor factor in people's decision to come, Bednar said.

TORSTAR NEWS SERVICE

Come fry with me

- New signs in the food building will make it easier to find foods by category such as vegan, halal or dairy-free.
- This year will see the return of deep-fried fudge, deep-fried peanut butter and jelly, deep-fried Mars bars, deep-fried apple fritters, deep-fried cola and, of course, deep-fried butter. "We now have a new tradition," CNE general manager David Bednar says. "We can't have a fair without deep-fried butter."
- New offerings at the food building include pulled meat on a pancake, raw vegan food, loaded baked potato, a bacon station, Dutch fried rolls of mashed potatoes and/or meat and a Lebanese bakery.
- This year's CNE will also welcome the 63rd annual International Air Show on the Labour Day weekend.

1 NEWS

Mobile news

After 16 days of intense competition, it all came to an end yesterday. Scan the code to see highlights from the Olympic closing ceremony.

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Layton biopic shoot bittersweet for Chow

Sook-Yin Lee, left, who's playing Olivia Chow in a movie about Jack Layton, talks with Chow on set in Winnipeg Sunday. SHANE GIBSON/METRO IN WINNIPEG

Telling Jack's story. Olivia Chow visits Winnipeg movie set

SHANE GIBSON
Metro in Winnipeg

She may have known Jack Layton better than anyone else in the world, and this weekend Olivia Chow was in Winnipeg to visit a movie being filmed to share his story with the rest of us.

"Some parts of it are painful, and some parts are joyous," said Chow on set at the Manitoba Legislative Building Sunday, which is doubling as the House of Commons for Smilin' Jack: The Jack Layton Story. "It's the story of an ordinary person being able to ... make a bit of difference in the everyday life of people.

"I think it's a story that needs to be told."

Chow said she worked closely with the writer, producers and director of the movie, set to air on the CBC next year, and even met with Lee and Roberts to help coach them on their roles. She also lent personal items of Layton's — including the cane he carried throughout last year's federal election campaign — to the movie.

Some scenes would be easier to watch than others, said Chow, admitting a hospital scene at the end of Layton's life, set to be shot Monday would be emotional.

"I dread tomorrow," she said. "I don't know how I will handle that, it will be probably be pretty traumatic."

Despite the ups and downs of the process, Chow said she's very glad Layton's story is being immortalized on film.

"It was difficult but I welcomed it," she explained. "I want Jack's spirit of hope and optimism to continue."

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Olympics. Support for binational bid growing: Buffalo mayor interested

A Toronto city councillor's idea for the first binational Olympic Games in Toronto and Buffalo is gaining steam.

"With the closeness of our two nations, it potentially raises the opportunity," Buffalo Mayor Byron Brown told Torstar News Service.

"Toronto is a great international city. I am flattered that a Toronto city councillor mentioned the idea of partnering with the city of Buffalo."

York Centre Coun. James Pasternak floated the idea in an interview with a local newspaper about how Toronto could possibly afford to host an Olympics when the current London Games are costing $15 billion or more.

"The current Olympic bidding and hosting process is unsustainable, as cities can no longer afford to host a multibillion-dollar, two-week Games," said the first-term councillor, who has a degree from the London School of Economics.

"We believe that Buffalo, with its current sports facilities and resources, and of course with American government backing, could be a great partner.

"I've been to Buffalo many times. I think it has great facilities. It is almost like a sister city to Toronto. I think it makes a great choice," Pasternak said

Brown, elected in 2005, embraced the proposal as Toronto's acknowledgement of "all the positive things happening in Buffalo," including a $250-million waterfront project that has been one of his priorities.

Mark Poloncarz, county executive for Erie County, told WBEN Radio in Buffalo he also found the idea intriguing if Toronto was "willing to take the lead."

Toronto has made a pitch twice for the Summer Games and lost, once in 1996 and again in 2008.

TORSTAR NEWS SERVICE

Logistics

The London 2012 Games has been using sites across Britain for events. Glasgow is 555 kilometres from the capital and Newcastle 400 kilometres, much more than Buffalo's 165 kilometres from Toronto.

Two others sought

Brothers facing robbery charges

Two Oakville brothers are facing charges after a home invasion that sent a man to hospital on Saturday.

Halton Regional Police say gunfire broke out after two masked men entered an apartment building at 30 Speers Rd. near Kerr Street, around 10:25 p.m.

The suspects fled the scene and entered an awaiting car with stolen property, police said. Two of the four suspects have been arrested and police are examining the vehicle involved.

TORSTAR NEWS SERVICE

Man charged

Police allege pedestrian was pushed into street

A man is facing criminal charges after a pedestrian was allegedly pushed into the street and struck by a taxi in downtown Toronto.

Police say a dispute between two men just after 1 a.m. Saturday led one man to shove the other in front of the oncoming car.

It's believed the victim was dragged behind the cab.

A few hours later, police arrested 44-year-old Kembi Manonga of Toronto.

THE CANADIAN PRESS

eHealth CEO takes bonus as staff sue for theirs

Opposition parties pounce. 'A slap in the face to Ontarians who are being asked to tighten their belts': NDP health critic

The man brought in to lead eHealth Ontario following a scandal that rocked the Liberal government will get a bonus of about 25 per cent on top of his $329,000 salary this year, while staff at the agency have turned to the courts to get back the bonuses they were promised but denied.

EHealth president and CEO Greg Reed will be paid a bonus of $81,250 this year, agency spokesman Robert Mitchell confirmed Sunday.

The government wants all public sector workers, including doctors, nurses and teachers, to take a two-year wage freeze to help eliminate a $15-billion deficit, and told managers and executives at its agencies to lead by example.

The bonus was "part of a standard employment contract" negotiated between Reed and the eHealth board of directors, said Mitchell.

"Comparatively, his salary is significantly lower than peers at other agencies," he said.

Reed was not available to comment Sunday, nor was the chair of the eHealth board, Raymond Hession.

The opposition parties called on Health Minister Deb Matthews to cancel Reed's bonus as she did the bonuses for more than 600 eHealth staff. THE CANADIAN PRESS

Class-action suit

EHealth declined to comment Sunday on a class-action suit filed by eHealth employees after Matthews told the agency to cancel raises of up to 1.9 per cent and promised bonuses of up to 7.8 per cent in 2011.

- When eHealth reversed itself on the 2011 staff bonuses, Reed — who refused his bonus that year — said the controversy generated by the extra payments for staff threatened to obscure the genuine progress being made at the agency.

This hound dog wants to be a friend of yours

A pup gets pampered before its big photo shoot at Trinity Bellwoods Park Sunday for a chance to win a spot in an upcoming advertisement for Canadian cellphone firm Fido. The monthlong contest asks dog owners across Canada to submit a photo of their dogs. Then it will be up to voters across Canada to choose their favourite hound. For each vote cast, Fido will donate $1, up to a maximum of $200,000, to support the Lions Foundation of Canada Dog Guides. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Tower's removal delayed

Hydro One lets nesting hawks have their home

The plan was to remove the hydro tower by mid-July.

The nest of baby hawks was not part of the plan.

And so, Hydro One workers in Whitby have put the plan on hold until at least the end of August while the hawks grow strong enough to fly away free.

The discovery was made when a lines crew member stumbled across the bed of sticks wedged into the metal bars atop the lattice transmission tower near the access route on Winchester Road near Thickson Road in Whitby.

The tower, which soars as high as 12 metres, was set to be removed to make way for the Highway 407 east expansion. But it will stay put until the family of hawks is ready to leave on its own.

"What they've done is leave it there for now," said Hydro One spokeswoman Tiziana Baccega Rosa.

"Apparently (the birds) will take flight at some point in time this month, in August, so then the work will proceed and the tower will be taken down," she added.

"Up until then, we're going to let them have their home there."

Baccega Rosa said even though the other towers in the area were dismantled, it was not urgent to remove the tower with the birds on it and so it will remain for now as a nesting place. TORSTAR NEWS SERVICE

Hawks nesting atop a Hydro One tower in Whitby. CONTRIBUTED

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Egypt

Morsi shakes up military brass

Egypt's Islamist president Mohammed Morsi ordered the retirement of the defence minister and chief of staff on Sunday and cancelled the military-declared constitutional amendments that gave top generals wide powers previously reserved for the head of state.

It was not immediately clear whether Morsi's decision had the military's blessing. Morsi also ordered the retirement of the commanders of the navy, air defence and air force. On Sunday, he appointed a pro-reform judge, Mahmoud Mekki, as vice-president. THE ASSOCIATED PRESS

Mexico

Gunmen kill mayor-elect

Police say gunmen have shot the mayor-elect of a town in San Luis Potosi state and a campaign adviser while they were riding in a vehicle.

The local public-safety secretary says Matehuala mayor-elect Edgar Morales Perez and an aide were returning from a birthday party when they were ambushed early Sunday in the town. THE ASSOCIATED PRESS

Dubai

U.S. destroyer hits oil tanker

A U.S. navy guided missile destroyer was left with a gaping hole on one side after it collided with an oil tanker early Sunday just outside the strategic Strait of Hormuz. No one was injured on either the USS Porter or the tanker, the U.S. navy said in a statement. THE ASSOCIATED PRESS

Poland

Man questioned over theft of wire from Auschwitz

A 66-year-old Italian man has been released without being charged after he was questioned over the alleged theft of a piece of barbed wire from Auschwitz museum, Polish police said Sunday. He was detained at Krakow airport after the wire was found in his luggage. THE ASSOCIATED PRESS

Search efforts called off following Iran quake

16,000 left homeless. Focus turns to sheltering thousands of people displaced by disaster

A victim of Saturday's earthquake makes her way through the ruins of buildings in a village in northwestern Iran on Sunday.

MAHSA JAMALI/MEHR NEWS AGENCY/THE ASSOCIATED PRESS

Residents of the zone in northwestern Iran hit by powerful twin earthquakes described moments of terror and panic with birds crowing loudly in warning seconds before the ground shook. As the death toll rose Sunday to more than 250 with entire villages levelled, rescuers called off searches for survivors and turned their attention to caring for the 16,000 people left homeless.

At least 20 villages were totally destroyed in the quakes on Saturday that were followed by some 36 aftershocks, state television reported. Ahmad Reza Shajiei, a senior government official in charge of rescue operations, said more than 5,000 tents have been set up to shelter the thousands of displaced who spent the night outdoors.

Quoted

"The moment the earthquake hit, it was like a snake biting from underground."

Morteza Javid, from the town of Ahar

"The moment the earthquake hit, it was like a snake biting from underground. It was the worst experience of my life," said resident Morteza Javid, 47, from Ahar.

"The walls were shaking and moving from side to side. It took about a minute before I could run out of the house," he said.

"Seconds before the earthquake, crows were making a lot of noise, but I didn't understand why. It was only after the quake that I learned the crows were warning us." Javid said he drove more than a dozen injured people to hospitals during the night. THE ASSOCIATED PRESS

U.S. Approach gun violence as a social disease, experts advise

Is a gun like a virus, a car, tobacco or alcohol?

Public-health experts, in the wake of recent mass shootings in the U.S., are calling for a fresh look at gun violence as a social disease.

What is needed, they say, is a public-health approach to the problem, like the highway-safety measures, product changes and driving laws that slashed deaths from car crashes decades ago, even as the number of vehicles on the road rose. One example: Guardrails are now curved to the ground instead of having sharp metal ends that stick out and pose a hazard in a crash.

"People used to spear themselves and we blamed the drivers for that," said Dr. Garen Wintemute, an emergency medicine professor who directs the Violence Prevention Research Program at the University of California, Davis.

It wasn't enough back then to curb deaths just by trying to make people better drivers, and it isn't enough now to tackle gun violence by focusing solely on the people doing the shooting, he and other doctors say. THE ASSOCIATED PRESS

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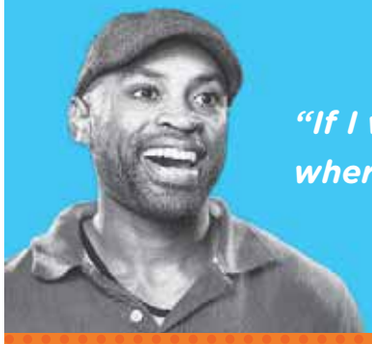

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Drunkorexics. Those who go without meals to drink more prone to risk-taking

So-called "drunkorexics" are more likely to engage in unprotected sex and excessive drinking than their peers, says a Simon Fraser University researcher.

Grad student Daniella Siekaran asked 227 York University students about their eating and drinking habits and found that 40 per cent of those who drink alcohol also diet.

The phenomenon, called "drunkorexia," sees mostly women in their early 20s skipping meals so they can drink heavily without gaining weight.

It has been popular among some young people since the late '90s — the term was coined in 2010. Drunkorexics were more likely to have unprotected sex or alcohol poisoning, it found. ELIZABETH HAMES/FOR METRO VANCOUVER

Risk behaviour

The researcher couldn't say why drunkorexics are more prone to risky behaviour but she noted people with bulimia can be risk-takers.

- Emotional eating was linked to a decrease in risky behaviour.

Priddis, Alberta

Former Mountie killed on dog call

RCMP have charged a man with first-degree murder in connection with the death of a retired Mountie who was working as a peace officer in a small community south of Calgary.

Police say Trevor Kloschinsky, 46, makes his first court appearance Monday.

Rod Lazenby died Friday after he responded to what police describe as a dog-related call at Kloschinsky's home in Priddis, Alta.

Police have released few details except to say no shots were fired. THE CANADIAN PRESS

Birthday bash to honour Nova Scotia tortoise at 90

Event for kids. Celebration at the Museum of Nature in Halifax for Gus, possibly the oldest gopher turtle in the world

A young crowd surrounds Gus, a gopher tortoise, as he takes a walk on the lawn of the Museum of Natural History in Halifax during his 90th birthday celebrations on Sunday. THE CANADIAN PRESS

Gus the tortoise celebrated his 90th birthday Sunday with almost 1,000 people at the Museum of Natural History in Halifax.

Museum staff believe Gus, who is barely bigger than a kitten, is the oldest gopher turtle in the world.

They estimate he hatched sometime between 1920 and 1925.

His guests were treated to birthday cake and lemonade, but Gus himself dined on organic blueberries and strawberries.

The fruit was a "special treat" for the almost-century-old tortoise.

Jeff Gray, the museum's curator of marketing and communications, said Gus usually sticks to a balanced diet of lettuce, berries and bananas.

Gus spent a large part of his birthday in his habitat at the museum, but he came out for a round of birthday wishes.

Children sang Happy Birthday and put well wishes on a card, then Gus went for a walk. THE CANADIAN PRESS

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Wildfires threaten national treasures in Spain, Cyprus

Parks and historic sites in danger. Blazes on Canary Islands may endanger woodlands 11 million years old, tourist destinations

Fierce wildfires forced the evacuation of thousands of residents and were threatening some of Spain's most precious natural parks, including one that is a UNESCO World Heritage Site, officials said Sunday.

Fires on the Canary Islands of La Gomera and Tenerife led to the evacuation of more than 4,000 residents beginning late Saturday.

By mid-afternoon Sunday, residents were still not allowed to return to 18 towns and villages that had been evacuated, eight on the popular tourist island of Tenerife and 10 on La Gomera, the government said.

People watch as brushfires rage in Southern Cyprus's Larnaca district. PETROS KARADJIAS/THE ASSOCIATED PRESS

Officials said there was evidence the fire on La Gomera was started deliberately.

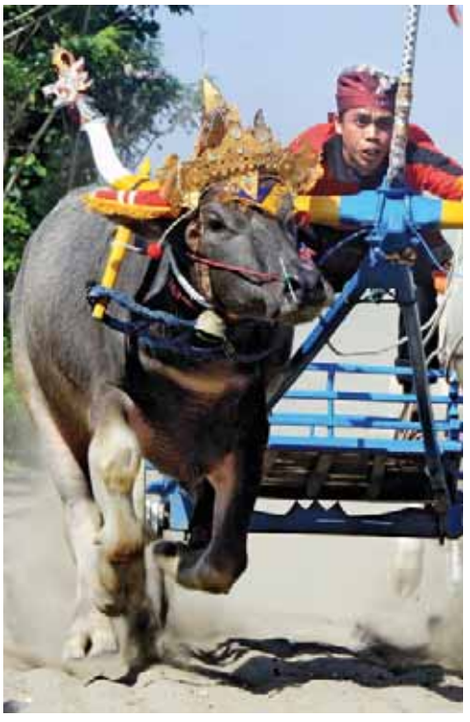
At the heart of this island lies Garajonay National Park, which experts say contains woodlands that have survived since the Tertiary age, 11 million years ago. Garajonay was declared a World Heritage Site by the UN cultural agency in 1986 and is a very rare example of the type of humid subtropical forest that once covered almost all of Europe before the arrival of humans.

Meanwhile in Cyprus, authorities have ordered the evacuation of a small, hillside village near the island nation's southern coast as a large brushfire continues to rage out of control.

Larnaca district officer George Antoniades told state broadcaster CyBC that the evacuation of Skarinou is strictly precautionary as the fire has still not encroached on village homes.

The blaze started Sunday afternoon and spread quickly because of strong wings, scorching many hectares of trees and wild brush.

THE ASSOCIATED PRESS



Where the buffalo run

Drivers hold on tight during a buffalo race in Jembrana, on the island of Bali in Indonesia Sunday. More than 300 buffaloes participated in the "mekepung" (buffalo race), a traditional thanksgiving ritual after a successful harvest. FIRDIA LISNAWATI/THE ASSOCIATED PRESS

Syria

Opposition calls for no-fly zone

The head of Syria's main opposition group in exile called Sunday for international powers to impose a no-fly zone in border areas to protect civilians who are coming under increasingly intense attacks by regime warplanes.

The president of the Syrian National Council, Abdelbaset Sieda, renewed the plea a day after U.S. Secretary of State Hillary Rodham Clinton said Washington and Turkey were discussing a range of steps including a no-fly zone over some parts of Syria as the regime uses its air force to attack rebels. THE ASSOCIATED PRESS

London

U.K. PM to host hunger summit

British Prime Minister David Cameron and Brazil's vice-president, Michel Temer, will host a Global Hunger Event Monday in London, in the hopes of finding new ways to tackle malnutrition. THE CANADIAN PRESS

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Four Mistakes that can Cost You on Car Insurance

Keep your rates low by avoiding these costly mistakes.

The cost of car insurance is a major expense for most people, and rising rates often seem unavoidable. But an increase in your premium is not always something you can't avoid. Often, simple errors lead to over-paying for insurance. These four mistakes are the quickest way to see higher premiums.

Earning a traffic ticket. Tickets are one of the most common reasons that insurance rates go up. Many different traffic violations can be responsible for an increase. Speeding, running right lights and careless driving are all violations that result in insurance rates that are higher. It takes three years before the ticket is removed from your driving record.

Not shopping for rates before you buy a new car. People often find themselves shocked by the cost of insurance on their new car, but there's a way to avoid that. Every car comes with a different insurance rating, and some are pricier than others to insure. When you're considering options, get car insurance quotes on each possibility before you make a buying decision.

Failure to shop around at regular intervals. Many people avoid it because they believe it's a hassle, or think they can't get a better rate. This is one expensive mistake. People who take the time to shop around almost always pay less; and with internet quoting sites like InsuranceHotline.com, it's easier than ever.

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Banks can learn from Olympics: BoE head

Sporting spirit. Mervyn King suggests Britain's financial sector would do well to borrow from London 2012's playbook

Olympic volunteers like Samuel Head, seen here helping with crowd control on Friday in London, show England's banks that "motivation does not come from financial incentives alone," said Bank of England governor Mervyn King.
JEFF J. MITCHELL/GETTY IMAGES

Britain's scandal-tainted bankers could learn a thing or two from the country's athletes after these Olympics, the country's central banker says.

In a newspaper editorial Sunday, Mervyn King wrote that the London Olympics showed it was wrong to argue that massive bonuses were needed to motivate people to do well.

King said the success of Olympians and the pride of the 10,000 volunteers at the Games showed that "motivation does not come from financial incentives alone."

"The financial sector has done us all a disservice in promoting the belief that massive financial compensation is necessary to motivate individuals," he wrote in the Mail on Sunday.

"Look at the success of the volunteers whose presence at the Olympic Park and around London did so much to create the atmosphere of happiness that pervaded the games."

The recent scandals that have rocked Britain's financial world showed that "banks could learn a thing or two about fair play from the Olympic movement," he said.

Quoted

"Banks could learn a thing or two about fair play from the Olympic movement."

Mervyn King, Bank of England governor

King's comments come as the reputation of Britain's banking industry — which took a body blow during the global financial crisis — has hit new a low.

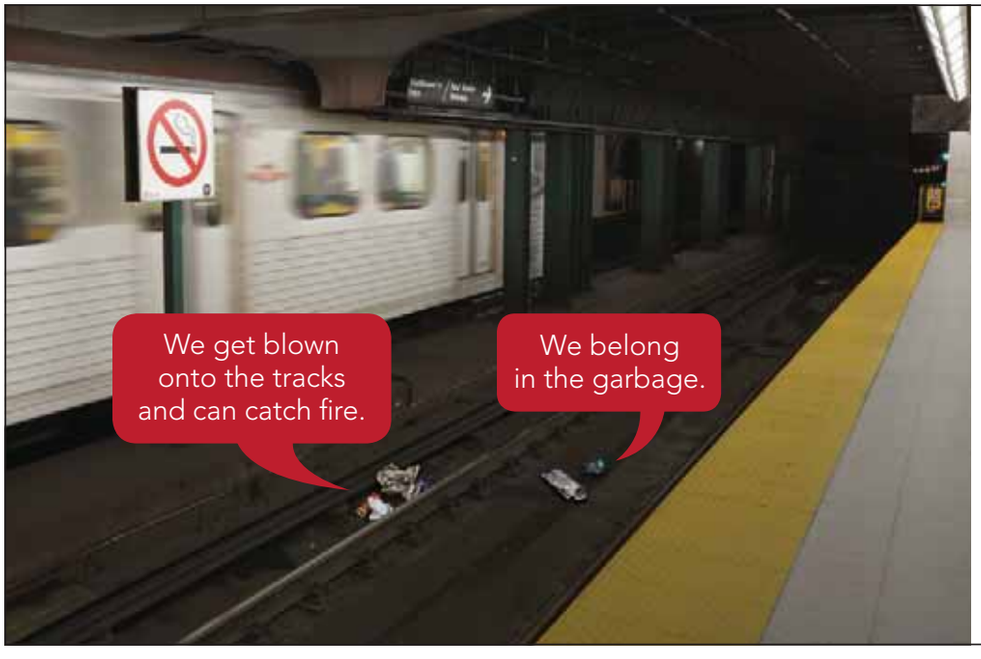
British banks have long been in the dock over misselling of insurance and interest-rate products to consumers and small businesses. But more recent scandals have provided new shocks.

Last month Barclays was forced to pay a $453 million fine for manipulating a key market interest rate. HSBC, another big London-based bank, faces fines of up to $1 billion after the U.S. Senate issued a damming report alleging it had failed to stop the laundering of Mexican drug money.

Most recent were allegations, out of New York City, that U.K. bank Standard Chartered had spent years laundering Iranian oil money.

King isn't the first to argue that British Olympians — who are basking the glow of a huge haul of gold medals — could set an example for other sections of society.

Roy Hodgson, manager of England's national soccer team, said Saturday he wanted the country's soccer players to behave more like Olympians, underscoring fans' unhappiness with a "season of shame" marred by two high-profile racism cases. THE ASSOCIATED PRESS



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Online piracy. Google cracks down on repeat copyright offenders

Google is altering its search results to de-emphasize the websites of repeat copyright offenders and make it easier to find legitimate providers of music, movies and other content.

The move is a peace offering to Hollywood and the music recording labels. This year, Google joined other Silicon Valley heavyweights to help kill legislation that would have given government and content creators more power to shut down foreign websites that promote piracy.

The Motion Picture Association of America issued a lukewarm response, saying it was "optimistic" the change would help steer consumers away from piracy.

"We will be watching this development closely — the devil is always in the details," MPAA senior executive president Michael O'Leary said in a statement.

Next week, Google will start using "valid copyright removal notices" to rank its search results, according to a Friday blog post by Google's senior vice-president of engineering, Amit Singhal.

Google typically ranks websites based on how many other sites link to them, on the belief that sites that get more links are more trustworthy and useful. But Google also regularly tweaks its formulas to reflect special circumstances.

In this case, sites with high numbers of copyright-removal notices may get bumped down in rankings. In effect, that will help users find legitimate sources of content without removing any pages from its results completely. Google did not elaborate on what it considers to be valid notices.

A $1-billion copyright lawsuit filed by Viacom against Google's YouTube in 2007 was reinstated by a federal appeals court in April after a lower court threw it out.

And last week, court papers related to a seven-year-old case showed that the Authors Guild is demanding Google pay $750 for each of the 20 million books it has scanned over the years.

THE ASSOCIATED PRESS

Google announced Friday that it will start using "valid copyright removal notices" to rank its search results starting this week. JUSTIN SULLIVAN/GETTY IMAGES

Hacked

WikiLeaks hit by sustained denial-of-service attack

Secret-busting organization WikiLeaks says it's been the victim of a sustained denial-of-service attack which has left its website sluggish or inaccessible for more than a week.

In a statement released late Saturday the group said the assault intensified around the beginning of August and has since expanded to include attacks against affiliated sites.

WikiLeaks, which has angered officials in Washington with its spectacular releases of classified U.S. documents, remained inaccessible Sunday.

THE ASSOCIATED PRESS

Equalization

Quebec Liberals tout northern development

Jean Charest's Liberals predict Quebec will make the historic transformation into a "have" province over the next quarter-century thanks to an ambitious northern-development plan.

Quebec's natural resources minister says the project — known as "Plan Nord" — will enable the province to wean itself off decades of federal equalization transfers, tackle its heavy debt and bankroll its costly social programs.

Clement Gignac's prediction would see the province pump cash into the federation for the first time since the modern equalization program was established in the 1950s. THE CANADIAN PRESS

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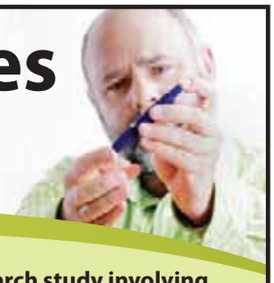

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Days Inn Hotel, 185 Yorkland Blvd. North York

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BRINGING THE OLYMPIC TORCH TO TORONTO

URBAN COMPASS
Matt Elliott
toronto@metronews.ca

With the London Games coming to a close last night and Olympic fever at a high, civic boosters and politicians in Toronto are once again asking the question: Should we try to bring this dog-and-pony show to the Big Smoke?

After two failed bids, is the dream of a Toronto Olympic Games still worth pursuing?

The skeptics have a lengthy list of reasons why we shouldn't bother. The cost of staging a summer games is ludicrously high. Estimates in London approach $18 billion, money that critics say could have been better spent on things that matter more than competitions to prove which country can throw things the furthest or jump the highest. Things like health care, education or anti-poverty strategies.

And then there's the legacy aspect, which rarely seems to live up to the hype. In Athens, venues built for the 2004 Olympics sit unused and derelict. And Sydney, the 2000 host, never really saw the expected growth in tourism after the games. Recent studies say that most host cities don't.

Olympic bid quandary

Toronto shouldn't be so quick to turn down the torch.

Closer to home, there's the cautionary tale from Montreal, host of the 1976 Games. It took governments almost three decades to pay off their Olympic debt — the wrong kind of legacy.

Still, despite the pile of reasons why not, Toronto shouldn't be so quick to turn down the torch.

Yes, there are pitfalls to hosting, but in Toronto those risks and costs are mitigated somewhat by the plan to host the Pan-Am Games in 2015. Seeing as those games will be the largest multi-sport event ever hosted in Canada, they'll serve as a pretty darn effective dry run.

In preparation for 2015, athletic venues are already being built across the GTA — with many adaptable to Olympic use. With the infrastructure and experience under our belt, this city could follow in the footsteps of Rio de Janeiro, which leveraged its hosting of the 2007 Pan-Am Games into a winning 2016 Olympic bid.

Aside from that, critics shouldn't dismiss the infrastructure benefits. Like it or not, the federal government in Canada seems to wake up to the pressing needs of urban areas only when major world events come to town. In advance of the winter games, Vancouver saw a laundry list of projects finally get some funding attention. Toronto and its surrounding municipalities, with overcrowded transit, choked highways, substandard housing and a lack of green space, are in desperate need of the same kind of treatment.

This city shouldn't sprint toward an Olympic future, but we shouldn't pull out of the race either. The potential benefits — and, yes, drawbacks — of a successful bid are compelling enough that they deserve careful study and consideration. With a reasonable approach, Toronto could still find its place on the Olympic podium.

Running after an old flame: Should Toronto extinguish its Olympic host city dream or strike while the 2015-Pan-Am-Games iron is hot? TOM SHAW/GETTY IMAGES

What a little Barry White can do

GARETH FULLER, PA/THE ASSOCIATED PRESS

Flamingo babe

Sexy crooner aids breeding birds

A two-week-old unsexed Chilean flamingo is encouraged from its nest by its mother Gabriella, centre, as its father Maurice stands guard at Drusillas Park in Alfriston, southeast England, on Friday.

Earlier in the year, Barry White songs were played to the birds to encourage breeding.

THE ASSOCIATED PRESS

The mating game

- Chilean flamingos live in large flocks in the wild and require crowded conditions to stimulate breeding.
- During breeding season, males and females display a variety of behaviours to attract mates, including head flagging — swivelling their heads from side-to-side in tandem — and wing salutes, where the wings are repeatedly opened and closed.
- Males and females co-operate in building a pillar-shaped mud nest, and both incubate the egg laid by the female.

- Upon birth, the chicks have gray plumage; they don't gain adult coloration for two to three years.
- Both male and female flamingos can produce a nutritious milk-like substance in their crop gland to feed their young.

Source: Lincoln Park Zoo

With a leg to stand on

1

The Chilean flamingo often stands on one leg, tucking the other beneath its body to preserve body heat.

With tall, thin legs and a long, flexible neck, the Chilean flamingo can reach up to 40 inches in height.

What appears to be the bird's knee is actually its ankle — the joint bends backward rather than forward.

Follow Canada Post's example: Deliver a good deed to someone in need

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Who knew "mailing it in" could actually have deep meaning?

Well, Ashley Mori does now. Mori had been missing her wallet for a week before it turned up on her doorstep in an unmarked Canada Post package.

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"It had everything in there, except for the cash, such as a letter from my mom and a lucky charm from my high school teacher," says Mori.

The two keepsakes clearly meant more to Mori than the cash.

"I can't thank (Canada Post) enough! It absolutely made my day!" she says.

So next time you see a lost wallet, throw it in a Canada Post mailbox and make someone's day!

CRAIG AND MARC KIELBURGER

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All stunts, no doubles as these stars earn their stripes

Boot camp reality. Celebrity recruits are put to the test in new TV series that has them competing in army-style events against seasoned pros

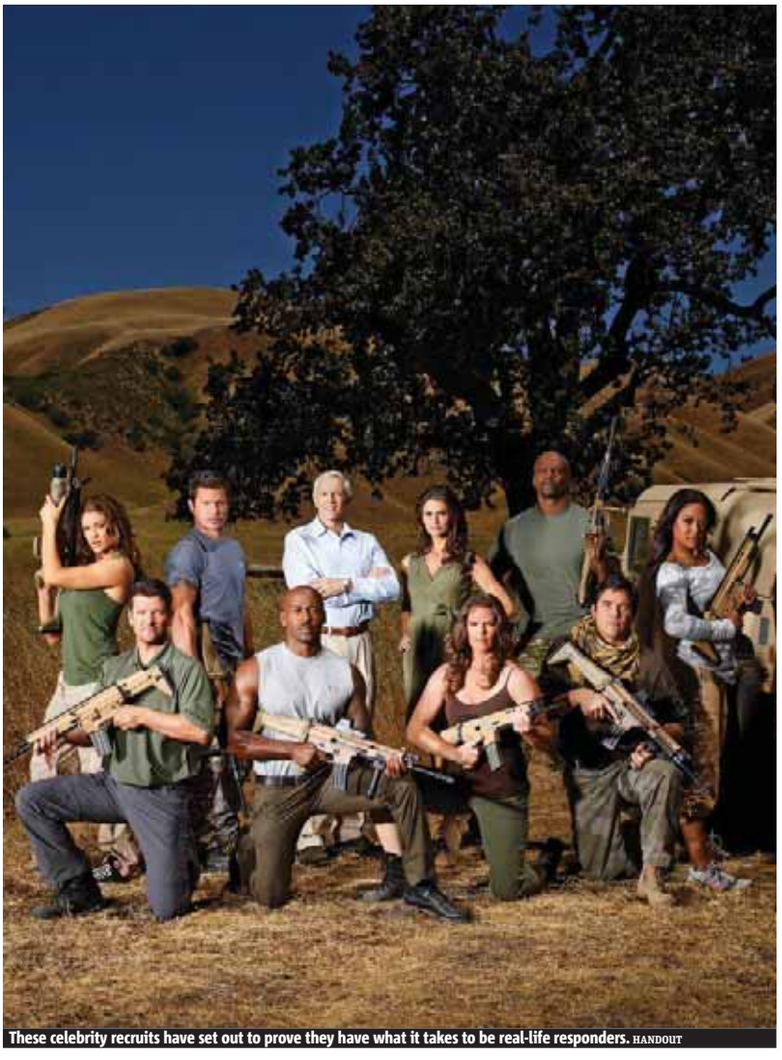
Starting this week, you can watch actors and actresses leap from buildings and battle armies of invaders, emerging victorious and unscathed. Viewers may chalk it all up to stunt men and women and digital special effects. Today's pampered celebrities wouldn't survive five minutes in a real combat zone, right?

Take that back, soldier. Eight celebrities set out to prove that they really do have what it takes to be real-life responders in the boot camp reality series Stars Earn Stripes (premiering Monday at 8 p.m. ET on NBC, 9 p.m. on Global).

The celebrity recruits were on hand to meet the press at the recent TV critics tour in Los Angeles, including boxer Laila Ali; former TV Superman Dean Cain; actor and former NFLer Terry Crews (now on The Newsroom); The Sing Off host Nick Lachey; Alaskan outdoorsman and political spouse Todd Palin; Biggest Loser trainer Dolvett Quince; former Winter Olympian Picabo Street; and WWE diva Eve Torres.

Posters for the series, showing the gun-toting celebs running next to the slogan, They're Not in Hollywood Anymore, give it a Tropic Thunder vibe.

Jack Osbourne was apparently hoping to earn his "Stripes" until news emerged that he was diagnosed with multiple sclerosis. Executive producer David Hurwitz admits Osbourne was in talks to join the series but "prior to us making our decision, it was found out that the rigours of the show were too intense for him." Mom Sharon disagrees and has announced that she is leaving NBC' America's Got Talent as a result.



These celebrity recruits have set out to prove they have what it takes to be real-life responders. HANDOUT

A few of the celebrities who made the cut almost wished they hadn't. The series was shot over a few weeks at the beginning of this summer. The eight celebs had to compete in actual army-style events against eight real life Special Operatives, including former Navy SEALs, army special forces Green Berets, SWAT commanders and a current member of the Orange County sheriff's department.

"I thought this was going to be the same old corny military show where they've got the obstacle courses and BB guns," says former Navy SEAL Grady Powell.

"That was the farthest thing from Stars Earn Stripes. We're jumping out of helicopters. There are people crying. Might see me cry."

"There was a moment," adds Lachey, "when going through my mind is, 'What in the world have I gotten myself into here?'"

"I can say I almost drowned, and that is for real," says Crews. The fit and rugged actor quickly found out that having just five per cent body fat "don't work for swimming."

He felt one of the Ops grab him from the back of his pack and haul him out of a river as he was going down for the third time.

"If this had been a real, live operation, I would have died. That is the truth."

Crews points out that this competition, in a way, goes against the whole notion of army training.

"The military is not a competition. In fact, your best soldier might die first."

Still, like the others, he wanted to be involved to pay homage to the real men and women in uniform. Money is raised for charities such as the Wounded Warrior Project and the Military Child Education Coalition. Former NATO Supreme Allied Commander General Wesley Clark helps host the series, and acknowledges that if younger viewers who tend to watch reality television are inspired to enlist through Stars Earn Stripes, that's OK with him.

Crews says the one to watch on the series is probably the least well-known celebrity: Todd Palin.

"It was life changing," says the Alaskan outdoorsman, who was accompanied to NBC's press tour party with his more-famous wife. "I did things I'd never thought I'd be doing," he added.

THE CANADIAN PRESS

What about Sarah?

Todd Palin, Sarah Palin's husband, is used to hanging out in the shadows when it comes to the spotlight. But for Stars Earn Stripes, Sarah says she's happy to hand over centre stage to Todd. Todd is a "world champion snow machine racer, he's got all the physicality that's required, a lot of mental toughness too," said the former Alaska governor. "I'd have to do a whole lot of push ups," she said, adding "politics are pretty brutal, too."

2SCENE

On the web

American Idol winner Phillip Phillips received Olympic exposure with debut single Home

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Another excellent adventure for Wyld Stallyns?

Third Bill & Ted film. Reports say Keanu Reeves and Alex Winter will reprise their roles as a pair of dim metal heads

CASSANDRA GARRISON
Metro World News in New York

In most excellent news, fans of Bill & Ted could be in for a highly-anticipated treat: a third film starring its original cast of Keanu Reeves and Alex Winter. Looks like the rumours are true, dudes!

Vulture reports there are plans in the works for a second sequel, which would follow Bill and Ted into their current lives since their last adventures together in Bill & Ted's Bogus Journey back in 1991. Think Hot Tub Time-Machine, only more bodacious.

MGM Pictures owns the rights to Bill & Ted, but another studio could come on board as a co-financier.

It would be the first time Keanu Reeves and Alex Winter have appeared together on screen since 1991.

Will Bill and Ted return to remind us to be excellent to each other? HANDOUT

What have these two dudes been up to since then? Reeves enjoyed plenty of success after his stint as Ted, going on to star in mega blockbusters like Speed, The Matrix and Something's Gotta Give.

He's already slated for more work well into 2013 as 47 Ronin and Man of Tai Chi are set to be released.

Winter, on the other hand, has not enjoyed as much success after playing Bill.

In fact, he hasn't worked in TV or film since 2009, according to IMDB, so it's no surprise that he's willing and ready for a Bill & Ted comeback.

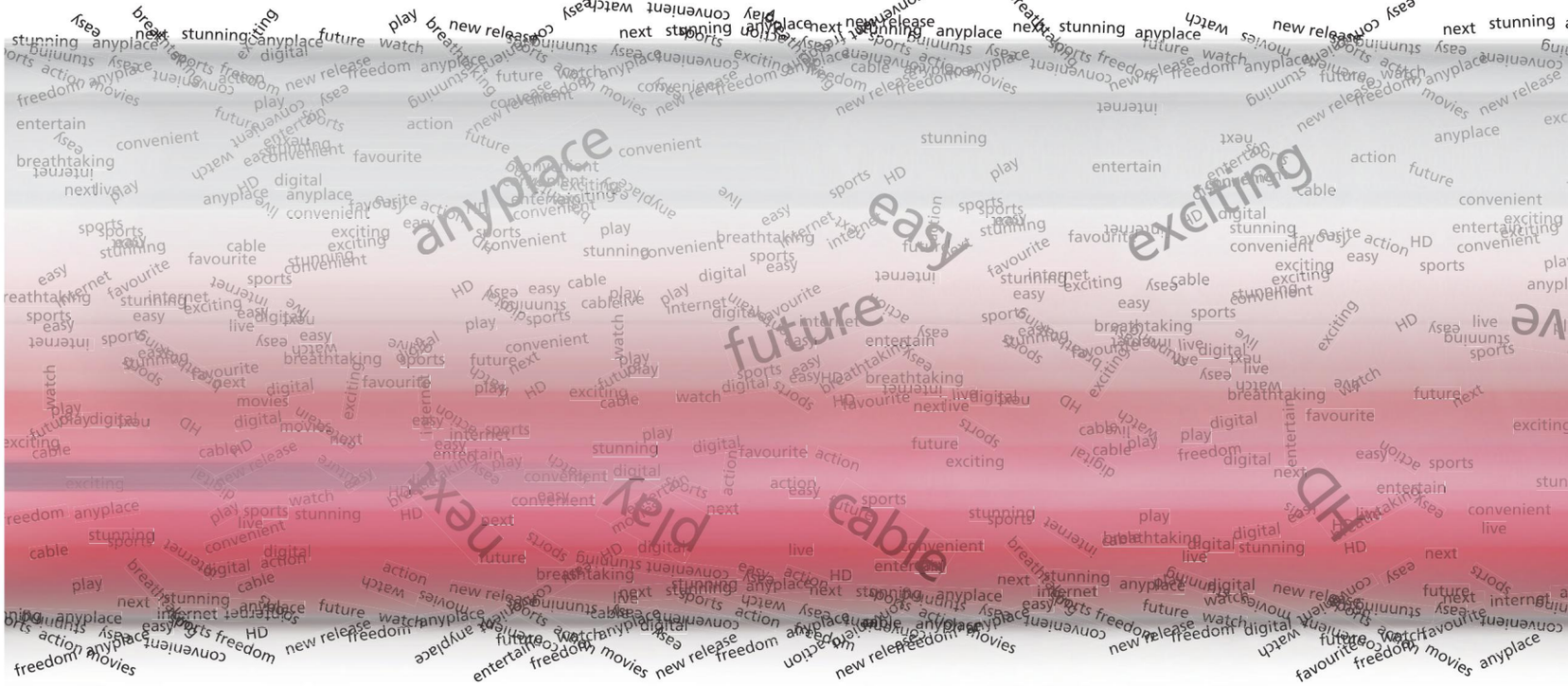
Winter starred in the movie Freaked in 1993, but after that things started to slow down for him.

Some voice work in a series called Saul of the Mole Men and a few TV movies later, and Winter dropped off the map.

However, he's been on board for the Bill & Ted follow up for quite some time.

He first commented on the rumours back in March, telling MTV, "I think the reality is there probably will be another one."

Bill & Ted fans everywhere are hoping it's true.



Things look a bit Grimm for Nick Burkhardt

Season premiere. Grimm returns tonight and the life of its main detective has gotten quite complicated

The producers of TV's Grimm say viewers will finally get some answers when Season 2 kicks off Monday night.

The fantastical show focuses on Nick Burkhardt (David Giuntoli), a Portland detective descended from a group of criminal profilers known as Grimms, who battle various supernatural forces.

At the conclusion of Season One, Nick's life had become, well, complicated.

He'd had an encounter with his mother (Mary Elizabeth Mastrantonio), even though he thought she was dead; his partner Hank (Russell Hornsby) was in rough emotional shape; and his fiancée, Juliet (Bitsie Tulloch), was in a potential life-and-death situation.

"Is Juliet dying? Well you've got to stay tuned to find that out," co-producer David Greenwalt teased in a recent conference call with reporters.

Greenwalt said the return of Nick's mother will all be explained in the first episode.

"She's been on a long quest and they have lots of issues to work out. One with the other. And boy does he have a lot of questions he wants answered," he said.

"We're not going to continue to tease people. But, in the first episode and in the second episode too, a lot of these questions will be very clearly answered."

Quoted

"It will be bigger, and badder, and more dangerous, and more vicious"

Grimm co-producer David Greenwalt on some of the challenges character Nick Burkhardt will face this season.

The show is a hybrid of many different elements, said Greenwalt, who formerly produced cult fave Buffy the Vampire Slayer.

"It's a part procedural, part genre show," he explained. "So if you just like a kind of a Law & Order-solve-a-crime, you can watch this show. If you like mythology and critters you can really watch this show."

While Nick has already been through his share of trials, Greenwalt says he'll face something he's never dealt with before in the upcoming season.

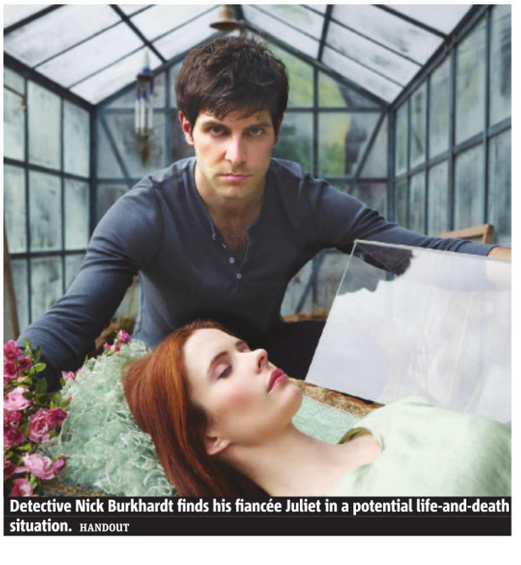
"It will be bigger, and badder, and more dangerous, and more vicious," he hinted.

He says the character will come into his own more as the series progresses, and that learning about his past from his mother will help with that. Greenwalt says Burkhardt will come "to grips with a lot of the emotional things that have happened to him.

"We'll also reveal some more of the deeper history with the Grimms and tie it to some more real events in the past," adds co-producer Jim Kouf.

Grimm airs on NBC and CTV.

THE CANADIAN PRESS


Detective Nick Burkhardt finds his fiancée Juliet in a potential life-and-death situation. HANDOUT

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In this 2009 file photo, musician Adam Yauch from the Beastie Boys attends a special evening to honour artist Ross Bleckner's appointment as Goodwill Ambassador at the United Nations. EVAN AGOSTINI/THE ASSOCIATED PRESS FILE

Late Beastie Boy 'ain't selling out to advertisers'

MCA. Adam Yauch has provision in making sure artistic property won't be used in advertising

The Beastie Boys' Adam Yauch rapped that he wouldn't "sell my songs for no TV ad." His will shows he wanted to make sure that held true after his death, too.

"In no event may my image or name or any music or any artistic property created by me be used for advertising purposes," says the will, filed this week in a Manhattan court. Yauch, known for his good nature as well as his raspy voice in one of hip-hop's groundbreaking acts, died of cancer in May. He was 47. Also known as MCA, Yauch was a founding member of the Beastie Boys, a group that helped hip-hop gain mainstream attention in the 1980s.

As white guys from Brooklyn in a genre with few credible white performers at the time, they emerged as pranksters pioneers and scored such hits as Brass Monkey, No Sleep Till Brooklyn and (You Gotta) Fight for Your Right (To Party!) They had four No. 1 albums and sold more than 40 million records.

It's not clear whether the provision in Yauch's will, first reported by Rolling Stone's website, covers all the Beastie Boys' output. His lawyer and the group's spokesman declined to comment Friday.

But the Beastie Boys have signalled that they are keeping a tight rein on commercial use of their work.

The surviving members, Michael "Mike D" Diamond and Adam "Ad-Rock" Horovitz, and Yauch's widow, Dechen Wangdu Yauch, sued the makers of Monster energy drink Wednesday over what the Beastie Boys say was an unauthorized, 23-minute medley of their music in a promotional video.

A representative for Corona, Calif.-based Monster Energy Co. didn't immediately return a call Friday.

As record sales have declined in the digital age, advertising has become an attractive outlet for many artists — and a source of debate among fans about the line between good business and selling out.

Some artists have openly criticized the practice. Grammy Award-winning singer Tom Waits has sued advertisers, ad agencies and his former record label over commercials that used his songs or featured people with similar voices singing them.

"Artists who take money for ads poison and pervert their songs. It reduces them to the level of a jingle," Waits wrote in a 2002 letter in The Nation magazine. He was responding to a piece earlier that year by The Doors' drummer, John Densmore, about turning down lucrative offers in the early 2000s for use of such songs as Break On Through and When the Music's Over. Doors songs had been in commercials in the 1960s and '70s.

Yauch repeatedly made clear how he felt about allowing songs to be used in commercials. A line in 2004's album Triple Trouble says he "ain't selling out to advertisers." THE ASSOCIATED PRESS

Quoted

"I might stick around or I might be a fad / But I won't sell my songs for no TV ad."

Adam Yauch rapped in 1998's Putting Shame In Your Game

camh
Centre for Addiction and Mental Health
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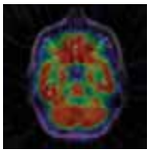
Borderline Personality Disorder and Depression Brain Imaging Study

The Neurochemical Imaging Program in Mood Disorders at the Positron Emission Tomography (PET) Centre is studying the brain changes associated with borderline personality disorder and major depression.



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Farrell focused on making sound bytes

Rock star status. Jane's Addiction singer has a new approach to dealing with the press and it's not what most are used to

LINDA LABAN
Metro World News

Perry Farrell has being a rock star down. After all these years, the public face of being in a rock band is second nature to the Jane's Addiction frontman and Lollapalooza auteur.

"I learned something from Tim Leary," he confides and we sit up prepared for something juicy from the psychedelic guru.

Not so. Leary, it seems, was all about the business.

"He told me that really what you're after is a sound byte," says Farrell.

We are?

"If you can have one sentence, a 30-second sound byte that sticks in people's minds, then you've done your job."

We have?

"That's what everyone is looking for, that's what the interviewer wants. So, when I speak to people it's almost like I'm writing poetry, like I'm writing a sound byte that will be memorable."

Have we had ours, we wonder as we're now halfway through the interview?

"I think we did something pretty remarkable, talking about the Walk of Fame and the RF chip," interjects Farrell.

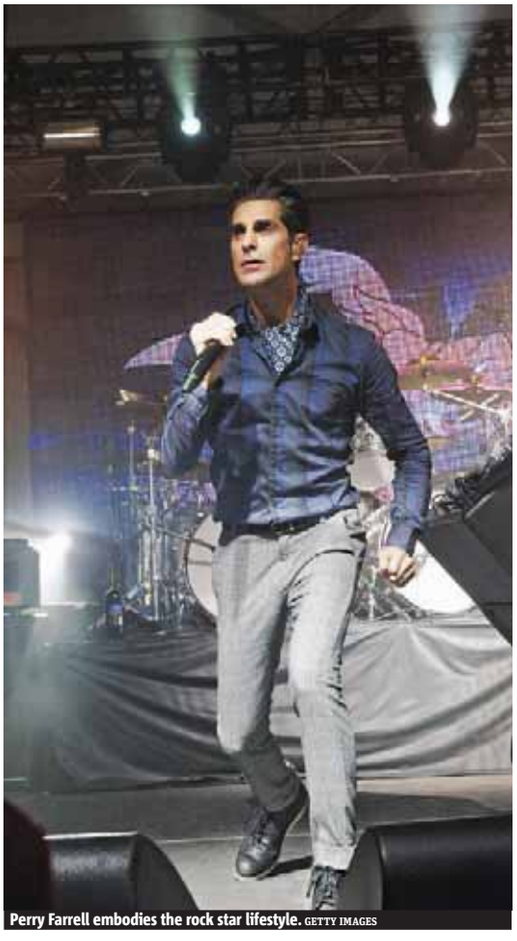
He's right. Earlier Farrell talked about Jane's Addiction's inclusion in the 2013 inductees to the Hollywood Walk of Fame. He has an on-trend interactive idea for Jane's star — and perhaps the future of the famous sidewalk stretch.

"I'd like to put an RF (radio frequency) chip in our star, so that when people walk over our star they can hear music or see pictures on their phone. I've got to approach the board about it, but it would revolutionize the Walk of Fame."

On tour

The third leg of the North American Theatre of the Escapists tour takes Jane's Addiction out of theatres and into bigger and often outdoor venues.

- **Quote.** "The plan was to tour the great theatres of America," says Farrell. "Along the way we got offers to do festivals and we took a couple of bigger gigs along the way. Theatres are expensive to play with this full production, so this offsets some of the cost."



Perry Farrell embodies the rock star lifestyle. GETTY IMAGES

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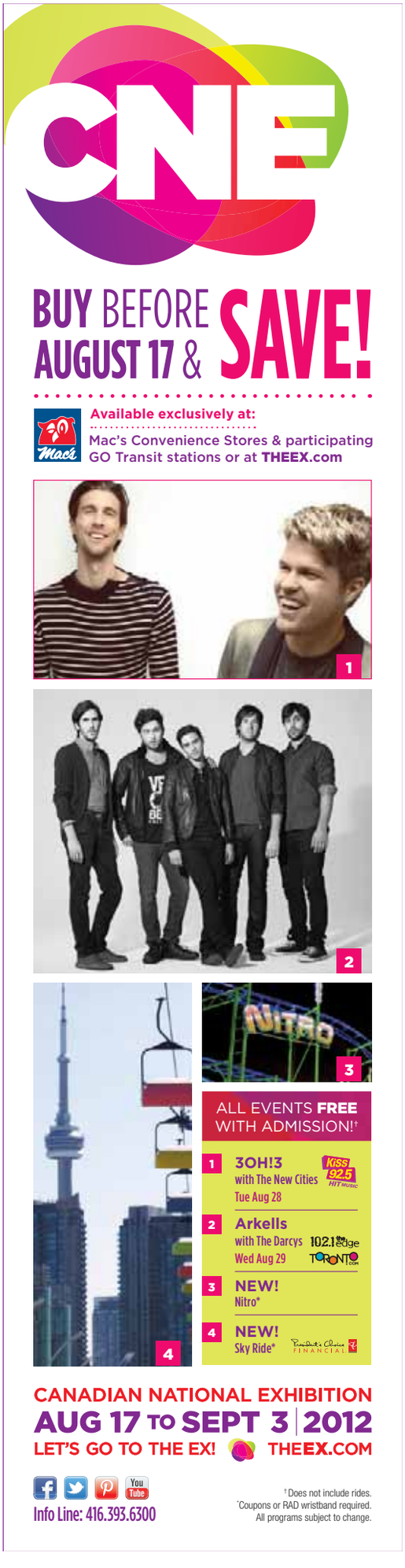
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Pitt and Jolie spark much ado about nothing

Rumors raged this weekend that a party Brad Pitt and Angelina Jolie were throwing for Pitt's parents' anniversary at their French estate was actually a cover for the famous couple's wedding, with the Sun even confirming a guest list of about 20 people — including Jolie's jeweler.

But not only was there no wedding, there apparently wasn't even a party for the elder Pitts, according to photo agency X17.

"We sent an X17 photographer all the way down to the south of France — it's pretty much in the middle of nowhere — to check out Brad Pitt and Angelina Jolie's chateau Miraval to see just what's going on," the agency gripes on its site about the move.

"There's nothing going on."

Angelina Jolie and Brad Pitt. ALL PHOTOS GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Perry pairing up with Mayer

THE WORD
Amber Ray
scene@metronews.ca

It looks like Katy Perry's got a type... tall, dark and grungy. After splitting with hubby Russell Brand last year, the Wide Awake singer now seems to be getting cosy with another member of the shower-averse club: John Mayer.

The two, who shared a dinner date earlier this month and have been spotted around Hollywood since, were recently snapped leaving a house party in Los Feliz, Calif., over the weekend, TMZ reports.

So is the Hollywood playboy who's been linked to a slew of A-list ladies, including Jennifer Aniston, Jessica Simpson and Taylor Swift, Perry's new knight in shining armor?

"She's not talking like he's 'the one,'" a pal of Perry's tells People magazine. "She's comfortable around guys who understand the craziness of that world, which he definitely does."

If Perry has indeed found a man who understands her kind of world a technicolour dreamland with purple wigs and whipped-cream-spewing bras we can't help but wonder what John Mayer really has been putting in his pipe all these years.

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Arts and Crafts

Tie-dye without all the mess!

The kids will love these T-shirts you can make together. All you need is: Sharpie permanent markers, isopropyl rubbing alcohol, a medicine dropper and a cotton T-shirt.

1. Slide T-shirts onto cardboard so the ink won't bleed through to the back.
2. Draw your design. Go crazy!
3. Using the medicine dropper, squeeze out 10 drops of rubbing alcohol in the centre of your picture. Depending on the size of the image, you'll need about 10 drops and you can adjust as you go.
4. Let dry (we used a hair dryer to dry them more quickly).
5. Wear your amazing art.

SHARON DEVELLIS

Make a tie-dye T-shirt with Sharpies. ISTOCK

Numbers before bed

Math Lessons

New Jersey mom Laura Overdeck has devised a blog called Bedtime Math (bedtimemathproblem.org), which challenges kids to tackle a math problem before bed. The site offers a no-pressure approach to sharpening up numeracy skills. YUMMYMUMMYCLUB.CA

On the Web

Grandma is aghast that Mommy put you in a skull-and-crossbones onesie. It's not a gateway to gang membership — it was from Baby Gap! Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

What makes a mommy?

Parenting. One foster mom shares her thoughts on the coveted 'mom' title

KAREN ELLIOTT
YummyMummyClub.ca

Should children call their foster parents 'mom' and 'dad'? ISTOCK

"So, you're not her REAL mother." I had to breathe deeply as I turned and walked away, with two-year-old Allie in tow.

I did not give birth to Allie. I'm her foster mother. I am the one who feeds her and clothes her; the one who gets up with her at night when she can't sleep; the one who cleans up spilled milk and crayon wall art — every single day.

And, yet, despite this, I'm not allowed to cut her hair, take her on vacation, sign school permission forms without signed letters of approval. I'm not her legal guardian — or even considered her parent.

So, who am I?

Every 90 days, I meet with Children's Aid and Allie's biological mother to discuss the type of care that I am providing.

I have to listen to this woman — who has never been a parent since Allie went straight to foster care at birth — and her wishes about how her child needs to be fed, clothed and parented.

How I need to take her to a specific doctor, in another neighbourhood, an hour away, for checkups. How I need to go to a specific church on Sundays. How I have to dress her in pink more, so people don't think she's a boy.

And how I have to encourage her to call me something other than "Mommy."

Allie's biological mother has never been with her daughter for more than two hours at a time — and only in an office where she is closely supervised.

"Mom" has never taken Allie to the park, given her a bath or put her to bed.

I'm the one teaching manners, surviving potty training and enforcing timeouts for bad behaviour.

Maybe one day, Allie will be able to return to her biological mother, but until that happens, I am the one who is parenting this little girl.

And until that time, "Mommy" is the only title I can see that fits.

And why wouldn't it? My own children call me mommy daily, why would I expect my foster children to call me something different?

No one in our house is treated differently. Everyone gets the same love and attention, eats the same food, and shares the same toys.

Last week, I drove Allie to the Children's Aid office for her regular visit and a social worker walked Allie to the front door where her biological mom was waiting. I heard the worker say, "Look! It's mommy!" and then I saw Allie turn around, point to me and announce firmly, "DAT'S my mommy." I had to smile.

Raising a child is what makes you a parent. It has nothing to do with the uterus you came from.

Books that will have them laughing out loud

RUTH SPIVAK
YummyMummyClub.ca

"Well, there ain't no cure for the summertime blues," goes the song. I beg to differ! Now may be the perfect time to cheer up with a funny book. I love to cuddle up and share some laughs with the kids.

Ages 3 and up

Don't Let the Pigeon Drive the Bus by Mo Willems. Parents and kids can't help but dialogue with the pigeon when he begs to drive the bus. If you can't always say no to your child, say no to the pigeon!

Ages 6 and up

You're A Bad Man, Mr. Gum! by Andy Stanton. Mr. Gum is a stinky, gross man who is mean to children. Luckily for the town of Lamonic Bibber, an angel whacks him on the head with a frying pan every time he neglects his garden. A cast of odd characters and questionable heroes round out this zany book. Check out the other books in this series.

Ages 9 and up

Series of Unfortunate Events by Lemony Snicket. This is great for kids who like their humour dark! "If you are interested in stories with happy endings, you would be better off reading some other book," cautions Snicket. Indeed, very bad things happen to the Baudelaire children, but Snicket's tongue-in-cheek mock-gothic style make for some hilarious moments.

Ages 12 and up

The Princess Bride by William Goldman. This witty satire on a fantasy novel ironically owes its appeal to splendidly rendered elements of the fantasy genre: sword fights, a princess in distress, a handsome prince, and a stupid/evil villain. Teens will appreciate the author's jabs at fairytale love and the not-so-happily-ever-after reality of romantic love. I highly recommend the movie as a perfect pairing.

On the Web

Grandma is driving Mommy crazy. Scan this code or visit metronews.ca/voices to find out why.

Wow guests with restaurant-style Rock Lobster Tacos

Bring professional chef-style creativity and taste to your kitchen with this chic take on fish tacos. They're the perfect small bite for your next summer soiree.

For an extra kick, add diced jalapeno peppers.

Ingredients

- 4 rock lobster tails, cooked
- 500 ml (2 cups) cubed watermelon (cut into 1-cm/1/2-inch pieces)
- 2 avocados, peeled and cut into 1-cm (1/2-inch) thick pieces
- 2 papayas, cut into 1-cm (1/2-inch) cubes
- 125 ml (1/2 cup) fresh coarsely chopped cilantro
- 125 ml (1/2 cup) fresh lime juice
- 15 ml (1 tbsp) honey
- 15 ml (1 tbsp) jerk seasoning
- Salt and pepper, to taste
- 8 to 10 taco shells
- 1 head iceberg lettuce
- 30 g (1 oz) shredded coconut

This recipe makes eight to 10 servings. THE CANADIAN PRESS H/O

1. Cut lobster tails in half lengthwise (remove vein) and cut into 1-cm (1/2-inch) thick pieces.

2. Combine lobster with watermelon, avocados, papayas and cilantro.

3. Pour lime juice into a small bowl and slowly whisk in honey and jerk seasoning. Pour over lobster mixture and refrigerate for 1 hour, stirring occasionally.

4. Divide lobster mixture among 8 to 10 taco shells and garnish with lettuce and coconut. THE CANADIAN PRESS/ NATIONAL WATERMELON PROMOTION BOARD, WATERMELON.ORG

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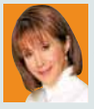

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This iced drink is equivalent to almost an 8 oz. New York Strip in calories.

Medium Iced Capp made with chocolate milk (14 oz)

230 calories / 1 g fat
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Fashion designer Diane Kroe is enjoying her success more after altering her lifestyle and priorities. DIANEKROE.COM

Designer Diane Kroe feels richer after she redefined 'successful'

New plan. Giving up just one part of her fashion business allowed her more time for family, other important parts of life

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Diane Kroe was a reluctant ballerina. At the age of 7 she was accepted into a prestigious ballet school but she found herself more excited about the costumes than dancing. Kroe followed her heart and after a remarkable rise through the fashion world, she became an in-demand clothing designer with her own retail store. She seemed to have it all but when a close friend was diagnosed with brain cancer, Kroe took stock of her own life.

"I sat there and thought, 'I'm so busy I can't even take my kids to Disneyland.'"

Diane did some soul searching and then came up with a new plan. She gave up her store and began hosting fashion trunk shows across Canada. She will expand internationally soon with online shopping.

Becoming automated and hiring the right people are the keys to her new success.

"I think a lot of entrepreneurs are stuck being in control of everything. Find the right people, train them and then let go. I can't believe I wasn't doing this 10 years ago."

Designing success

1. Define what success means to you and use it as the foundation for your business.

2. Always focus your energy on the product/service you offer that brings you the largest profit margin and let everything else come to you.

3. Automate your business as much as possible and give yourself the freedom to enjoy your success.

4. Finance as much as you can on your credit card, pay it off on time while building your credit and make sure to collect all the travel miles to cover your travel expenses. (This trick saves me thousands of dollars every year on interest and travel.)

5. Never stop learning and growing ... you and your business must change and evolve with the world around you.

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Getting over the shock of going back to work

JULIA WEST
Metro World News

Extended unemployment can make going back to work feel like diving into icy cold water — it can be a shock. But if you stick in one toe at a time, you'll get acclimated much sooner.

While you're getting your feet wet, make sure that you understand what you're getting yourself into. "Try to get a clear picture from your boss, before you start, of expectations for the first week, month and quarter. This way you can pace yourself right from the start," explains Caroline Ceniza-Levine, co-founder of SixFigureStart.

Splash around a little to explore your surroundings. "Once you're back to work, don't be afraid to ask questions," says Caitlin Day, education and outreach manager at Career Wardrobe. "Your co-workers and supervisors were new once too, and should be able to offer you tips on how to fit into your new environment as well as answer questions about your role." It's expected that you rely on co-workers to help you understand the new position, so take advantage of their expertise.

Getting used to a new job after long-term unemployment can be daunting, but there are a few ways to help you adapt more quickly. ISTOCK PHOTO

Allow yourself time to focus on your new position without getting distracted by outside factors. Michael Timmes, HR specialist at Insperity, suggests that you "reach out to family and friends to let them know that your schedule is changing and that you may not be as accessible as you were when you were unemployed. Most people will understand that you're busy getting to know your new job and will afford you some extra space."

Timmes makes another great point: Be proud of yourself.

"You found a new job, which is great. Be sure to recognize and celebrate your achievement." It's completely acceptable to ease your way back to work, rather than taking the plunge all at once.

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Golf

McIlroy sheds one-hit wonder tag at PGA Championship

Right down to his red shirt, Rory McIlroy looked every bit the part of golf's next star in another command performance at the PGA Championship.

McIlroy validated his record-setting U.S. Open win last year by blowing away the field Sunday at Kiawah Island. One last birdie from 25 feet on the 18th hole gave him a 6-under 66 for an eight-shot victory, breaking the PGA Championship record for margin of victory that Jack Nicklaus set in 1980.

The 23-year-old from Northern Ireland returned to No. 1 in the world, and he became the youngest player since Seve Ballesteros to win two majors. Tiger Woods was about four months older than McIlroy when he won his second major.

Just like the U.S. Open, this one was never seriously in doubt.

McIlroy seized control with back-to-back birdies Sunday morning to complete the storm-delayed third round with a 67 and build a three-shot lead. No one got closer than two shots the rest of the way, and McIlroy closed out a remarkable week by playing bogey-free over the final 23 holes of a demanding Ocean Course.

THE ASSOCIATED PRESS

Rory McIlroy with the Wanamaker Trophy on Sunday. GETTY IMAGES

Novak Djokovic celebrates Sunday night's victory in Toronto. NATHAN DENETTE/THE CANADIAN PRESS

Djokovic returns to dominant form in T.O.

Tennis. Top-seeded Serbian steamrolls Gasquet in Rogers Cup final at Rexall Centre

Novak Djokovic won his second straight Rogers Cup title and third overall with a 6-3, 6-2 victory over Richard Gasquet of France on Sunday night.

It's the top-seeded Serbian's first title since winning the ATP Masters stop in Miami four months back and comes exactly a week after losing a bronze-medal match at the London Games.

The victory came under clear skies at Rexall Centre after a week of frustrating rain disruptions that forced Djokovic, among other players, to play twice on Friday and late into Saturday night.

Despite the win, he will remain ranked second in the world behind Roger Federer, who pulled out the tournament because of a scheduling crunch with the Olympics.

Gasquet, the 14th seed at the tournament, was making his first Masters 1000 finals appearance since losing to Federer here in 2006. He's now lost to Djokovic in seven of their last eight meetings.

The 26-year-old Gasquet had little margin for error against Djokovic and mental mistakes cost him in the eighth game in the first set. He netted twice to go down 0-40, then went long and wide on a return to give Djokovic the break and a 5-3 lead.

Gasquet had two more unforced errors in the next game as Djokovic finished off the set with a blistering ace that surely impressed Prime Minister Stephen Harper, who was sitting just behind him in the first row.

Djokovic didn't take his foot off the gas in the second set. He broke Gasquet in the first game with a laser of a forehand and doubled his lead with four straight points to go up 2-0.

Gasquet's fiercest weapon, his one-handed backhand, was nowhere to be found in the fourth game when he netted an easy return, causing him to swing his racket in frustration amidst fans yelling "allez Richard."

Djokovic broke again for a 5-2 lead and had little trouble serving out the match to become the third player in the Open era to win three Rogers Cup titles. He defeated Federer in 2007 in his tournament debut. THE CANADIAN PRESS

In Montreal

It will be Petra Kvitova and Li Na in the final of the women's Rogers Cup.

- Kvitova, the 2011 Wimbledon champion, dominated the final two sets of her semifinal to defeat seventh-seeded Caroline Wozniacki 3-6, 6-2, 6-3 on Sunday in Montreal.
- Li was one game from defeat before she fought back for a 3-6, 6-3, 7-5 victory over Lucie Safarova.

CFL. Argos give top-rusher Boyd his walking papers

Leading the CFL in rushing wasn't enough to save Cory Boyd's job with the Toronto Argonauts.

The Argos made the announcement Sunday that they had released the tailback. Sophomore Chad Kackert, who has spent most of the season on the practice roster as a backup, replaces Boyd in the starting lineup.

What made the move so stunning was Boyd had run for a league-high 447 yards this season. He was on pace to end the year with over 1,300 yards.

But after rushing for 168 yards and a TD in a 36-27 loss to Hamilton on July 14, the 27-year-old Boyd had run for 130 yards combined over his last three contests, including just 23 yards on eight carries in Toronto's 18-9 home loss to B.C. on Aug. 6.

THE CANADIAN PRESS

Quoted

"Cory certainly did a lot of good things this year ... but there's more to playing tailback than numbers."

Argos head coach Scott Milanovich

NFL

Luck wastes no time in tossing first touchdown

The Colts got Luck in the NFL draft, and on Sunday's first offensive play, they got lucky again.

No. 1 overall draft pick Andrew Luck threw his first NFL pass for a long touchdown, just like Peyton Manning in 1998, then led Indianapolis to two more touchdowns. Luck one-upped his predecessor by winning Sunday's pre-season opener 38-3 over St. Louis — Indy's first preseason-opening win since 1994.

THE ASSOCIATED PRESS

MLB. Versatile Davis keys Jays win over Yankees

Rajai Davis drove in five runs and saved a home run with a spectacular leaping catch Sunday as the Toronto Blue Jays ended a five-game losing streak by beating the New York Yankees 10-7.

Edwin Encarnacion also had a two-run homer among his three hits. The five RBIs matched a career-high for Davis.

Toronto left-hander J.A. Happ (1-1) allowed four runs in 5 2/3 innings on six hits that included home runs by Derek Jeter and Robinson Cano.

The Blue Jays (54-60) had a 10-1 lead after scoring six in the fifth but the Yankees (67-47) scored three each in the sixth and seventh to make it close. THE CANADIAN PRESS

Last one left

With all their injuries, Edwin Encarnacion was the only player in the lineup on Sunday who also played for the Blue Jays on opening day.

- Shortstop Yunel Escobar (elbow) and centre-fielder Colby Rasmus (groin) did not play.

4 SPORTS

Mobile sports

Forget the medal standings. Britain is the big winner at these Olympics with huge crowds lining glorious backdrops and athletes draped in the Union Jack. Canada's storyline is somewhat more complicated, however. Somewhere between Switzerland and Colombia, depending on how you rate success. Scan the code for the story.

Rosie MacLennan, right, who won a gold medal for Canada in trampoline, and trampolinist Karen Cockburn sit above the crowd as they celebrate with the Canadian Olympic team at the closing ceremony of the 2012 Summer Olympics in London on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

Canadian Olympians give Games thumbs up

London 2012. Glowing reviews for organizers thanks to few issues and fair weather

Quoted

"We're happy we were here and we're proud to represent our country. And I couldn't be more proud to be Canadian, that's for sure." Kayaker Ryan Cochrane

The reviews are in and they're overwhelmingly positive.

Boosted by co-operative weather and few logistical, food and travel issues, several prominent Canadian athletes gave a big thumbs up to the London Games as the Olympics came to a close Sunday.

"It's been perfect," said Canadian soccer star Christine Sinclair. "No issues, the people are so friendly, everything has been so organized. It's been tremendous."

Sinclair was named Canadian flag-bearer after guiding the national women's team to a bronze medal. She also competed for Canada at the 2008 Games in Beijing.

The intense humidity, heat and smog that were a constant in China four years ago were not a problem in England. There were some showers from time to time but the fears that this would be one of the soggiest Games in history were not realized.

Athletes raved about the location of the Olympic Village, which was close to a large shopping mall, Olympic Park and several of the venues. Language, cultural differences and unfamiliar food were much less challenging compared to some of the hurdles in Beijing and at the Athens Games in 2004.

Kayaker Adam van Koeverden, who took the silver in the K-1 1,000 metres, has won medals at the last three Olympics. He said the 2012 Games were "fantastic."

"My eyes were wide open the whole time," he said. "I was just taking it all in. I'm very cognizant of the fact there are fewer great races ahead of me than there are behind me. I'm just looking forward to every single one. I want to soak them all in.

"I've got awesome memories."

His teammate, Ryan Cochrane, competed with Hugues Fournel in the K-2 200 and K-2 1,000 metres. Cochrane wasn't sure what to expect at the start of his first Games.

"It's just another race when you're here but everything else is kind of overwhelming — in a good way, most definitely," he said.

Many athletes raved of the team culture that existed in the Olympic Village and at Canada Olympic House, which was home to medal celebrations throughout the Games.

"As an experience on its own, it has been wonderful," said triathlete Simon Whitfield, who competed in his fourth Games. "London has done an incredible job. I had a huge disappointment in my race but every other moment has been amazing in London." THE CANADIAN PRESS

Marathon swimmer Richard Weinberger with his bronze medal on Friday. THE CANADIAN PRESS

Canada matches 2008 medals

Memorable moments, yes, but Canada's overall performance at the London Olympics was unexceptional.

The same number of medals won as 2008 with fewer gold and silver, while falling just outside the goal of a top-12 finish in the overall medal count was a lukewarm outcome.

That doesn't diminish the feats of Canada's medallists in London. On the biggest stage in sports, they rank among the world's best.

Eighteen medals put Canada 13th in the overall medal count, two behind Hungary and the Netherlands, who were tied for 11th. Canada finished with one gold, five silver and a dozen bronze.

The country won three gold, nine silver and six bronze at the 2008 Games to finish tied for 14th in Beijing.

The lone gold medal in 2012 is the fewest for Canada at a Summer Olympics since 1976, when the host country won zero in Montreal. Canada was the only country in the top 25 with fewer than two gold medals.

THE CANADIAN PRESS

Weekend in pictures

1 4x100 relay. Heartbreak for Canadian sprinting team

A single misplaced step cost Canada a bronze medal in one of the marquee events at the Olympics on Saturday. The Canadian team was disqualified from the final of the men's 4x100-metre relay Saturday after third-leg runner Jared Connaughton of New Haven, P.E.I., stepped on the line. Jamaica won gold in a world-record time of 36.84 seconds, the United States took silver in 37.04 and Trinidad and Tobago won bronze after Canada's disqualification. THE CANADIAN PRESS

2 Soccer. Mexico pulls off gold-medal stunner vs. Brazil

Mexico didn't need its top stars, the home crowd or rich tradition to win the Olympic gold medal in men's soccer on Saturday. The North American country did it with a team few believed would be contending at the end, a team that stunned the heavily favoured Brazilians with a goal just 29 seconds into the final on its way to a 2-1 victory. THE ASSOCIATED PRESS

3 Kayak. De Jonge finishes strong Olympics for Canadian paddlers

Canadian kayaker Mark de Jonge won bronze in the K-1 200-metre race on Saturday.

Britain's Ed McKeever, silver medallist at the world championships last year and former world champion, won gold in 36.246. Saul Craviotto of Spain won silver in 36.540, ahead of the 28-year-old from Halifax in 36.657. THE CANADIAN PRESS

4 Diving. Britain's Daley steals show with bronze win

American David Boudia took gold in the men's 10-metre platform Saturday, winning by 1.8 points over Qiu Bo of China. Crowd favourite Tom Daley of Britain settled for third but he felt like a winner, claiming bronze on home soil.

THE ASSOCIATED PRESS

Canadian hits and misses

Canada didn't make gains on its performance in Beijing four years ago and backslid in terms of gold medals won. The team won the same number of medals — 18 — and that wasn't enough to achieve its goal of finishing in the top 12 in the overall medal count. But of course there were still plenty of memorable moments in London. Here's a look at some of the Canadian contingent's highs and lows:

THE CANADIAN PRESS

Photos by The Canadian Press/Getty Images/The Associated Press

The good

1 Bouncing into history

Rosannagh MacLennan prevents a shutout in gold medals by winning women's trampoline. The 23-year-old from King City will be one to watch in 2016.

2 Paddlers pounce on podium opportunities

The swim and canoe/kayak teams lead the way with one silver and two bronze medals each.

3 A bronze never to be belittled

Historic bronze aside, the women's soccer team produced the most memorable performance of the Olympics in defeat when they lost 4-3 in extra time to the heavily favoured U.S. in the semifinal.

The bad

4 Favourites falter on big stage

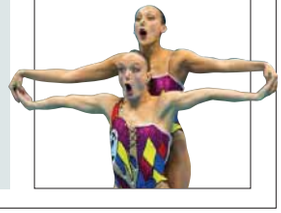
Current and former world champions Dylan Armstrong (shot put), Mary Spencer (boxing), Tara Whitten and Zach Bell (track cycling) and Catherine Pendrel (mountain bike) did not make the podium in individual events in London.

5 Rules of subtraction

Disqualifications in track-and-field and equestrian did not help Canada's cause. A seldom-used call by the referee for a time-count violation in the women's soccer semifinal ultimately led to the tying goal for the U.S.

6 Stinging near-misses

Canadians finished fourth six times. Canada was on pace for 20 with 10 medals at the halfway mark of the Games. But in a reverse of the last two Summer Games, Canada wasn't as strong in the second half.



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Rosie MacLennan led Canada's youth movement at the London Olympics in bouncing to gold on the trampoline on Aug. 4. RONALD MARTINEZ/GETTY IMAGES

Young athletes give sneak peek of Rio

Optimism for 2016. 60 per cent of Team Canada's athletes in London made their Olympic debuts and show promise for Brazil

Whether it was Rosie MacLennan bouncing to gold on the trampoline, or Derek Drouin soaring to bronze in the high jump, youth was an underlying theme in Canada's performance at the London Olympics.

The results bode well for Rio de Janeiro four years from now, where the curtain could come up on a whole new generation of Canadian stars.

"What was so exciting was the enthusiasm of the new people at the Olympic Games," said Mark Tewksbury, Canada's chef de mission. "That kind of energy was I think really what helped us be so relentless and be consistent through the Games and get such a nice outcome at the very end."

More than 60 per cent of the athletes on the Canadian team were making their Olympic debuts, and plenty of them came up big, promising big things for Brazil.

MacLennan, a 23-year-old from King City who worked as a volunteer at the 2010 Vancouver Winter Games, cemented her status as Canada's new trampoline star in London when she captured Canada's only gold medal.

Her Twitter followers exploded from 900 to more than 14,000.

Milos Raonic will be one to watch in Rio. The 21-year-old from Thornhill played his way into the history books in his second-round loss to Jo-Wilfried Tsonga. It was the longest three-set tennis match in Olympic history, their third set alone lasting three hours.

Canada's track-and-field team had 35 Olympic rookies, and it was the young athletes who shone. They included Drouin, a 22-year-old from Corunna whose bronze was Canada's first medal in high jump since Greg Joy's silver at the 1976 Montreal Games.

Meanwhile, Richard Weinberger, a 22-year-old from Victoria, outduelled the reigning world champion over the final metres of the men's 10-kilometre marathon swim race, winning bronze in an event dominated by older athletes.

THE CANADIAN PRESS

Young studs

Other young Canadian athletes to keep an eye on:

- **Paula Findlay**, 22, triathlon (from Edmonton)
- **Damian Warner**, 22, decathlon (London)
- **Monique Sullivan**, 23, track cycling (Calgary)

'Living legend'

Rogge gets heat over 'semantic issue'

IOC President Jacques Rogge wants to set the record straight: Usain Bolt is an "active" legend and the best sprinter ever.

Rogge raised eyebrows earlier this week when he said Bolt needed to prove his greatness over more than two Olympics before achieving his self-proclaimed status of "living legend."

On Sunday, Rogge relented a bit and came up with a different wording for the six-time gold medallist.

"I mean this is purely a semantic issue," he said. "Let me finalize this issue as follows: To say that Usain Bolt is an active performance legend, he is an icon, he is the best sprinter of all time."

Bolt won the 100 and 200 metres at the London Olympics, becoming the first athlete to sweep both events at consecutive games, and anchored the Jamaican team to a world record in the 4x100-metre relay.

Jacques Rogge GETTY IMAGES

After the relay, Bolt said: "The next time you see him (Rogge) I think you need to ask him what Usain needs to do that no human man has ever done." THE ASSOCIATED PRESS

Final results

MEDAL STANDINGS

Final following 302 total medal events

Nation	G	S	B	Total
United States	46	29	29	104
China	38	27	22	87
Russia	24	25	33	82
Britain	29	17	19	65
Germany	11	19	14	44
Japan	7	14	17	38
Australia	7	16	12	35
France	11	11	12	34
South Korea	13	8	7	28
Italy	8	9	11	28
Netherlands	6	6	8	20
Ukraine	6	5	9	20
Canada	**1**	**5**	**12**	**18**
Hungary	8	4	5	17
Spain	3	10	4	17
Brazil	3	5	9	17
Cuba	5	3	6	14
Kazakhstan	7	1	5	13
New Zealand	5	3	5	13
Belarus	3	5	5	13
Iran	4	5	3	12
Jamaica	4	4	4	12
Kenya	2	4	5	11
Czech Republic	4	3	3	10
Azerbaijan	2	2	6	10
Poland	2	2	6	10

WHAT CANADA DID

On the weekend at the 2012 London Olympics

SUNDAY

ATHLETICS

Men's marathon — Dylan Wykes of Kingston, Ont., completed the 42-kilometre circuit in two hours 15 minutes 26 seconds to place 20th; Eric Gillis, Antigonish, N.S., was 22nd (2:16:00); and Reid Coolsaet, Hamilton, 27th (2:16:29).

CYCLING (MOUNTAIN)

Men's cross country — Geoff Kabush of Courteney, B.C., traversed the course in 1:30:43 to rank eighth — 71 seconds behind the bronze medallist; Max Plaxton, Victoria, did not finish.

MODERN PENTATHLON

Women — Melanie McCann of Mount Carmel, Ont., placed 11th overall in the event with 5,180 points; Donna Vakalis, Toronto, was 29th (4,828).

WRESTLING (FREESTYLE)

Men's 66-kilogram class — Haislan Garcia, Coquitlam, B.C., won his round-of-16 bout by points over Zalimkhan Yusupov of Tajikistan (2-0, 0-2, 2-0); was defeated in the quarter-finals by Tatsuhiro Yonemitsu, Japan (0-1, 1-0, 5-0); then eliminated with a loss in the repechage to Livan Lopez Azcuy of Cuba (1-0, 0-1, 1-0).

Men's 96-kilogram class — Khetag Pliev, Toronto, won his opening match over Javier Cortina Lacerra of Cuba (0-2, 2-2, 1-0); lost to Jacob Varner, U.S., in the quarter-finals (1-0, 1-0); and fell short in the repechage round to Kurban Kurbanov of Uzbekistan (1-0, 4-1).

CLOSING CEREMONIES

Christine Sinclair of Burnaby, B.C., who scored a tournament-best six goals — including all three in a 4-3 semifinal loss to the U.S. — in leading the women's soccer team to a bronze medal was chosen to carry the Canadian flag.

OVERALL

The 2012 team finished with eighteen (one gold, five silver, 12 bronze) to match the third-most medals won by Canada in a summer games (Barcelona, 1992, and Beijing, 2008). Rosannagh MacLennan of King City, Ont., earned the gold medal in women's trampoline.

SATURDAY

ATHLETICS

Men's 4x100 relay — Canada (Gavin Smellie, Brampton, Ont.; Oluseyi Smith, Ottawa; Jared Connaughton, New Haven, P.E.I.; and Justyn Warner, Markham, Ont.) initially won the bronze medal in 38.07 seconds but was disqualified moments later when Connaughton was called for stepping on the lane marker.

Men's 5,000 — Cameron Levins, Black Creek, B.C., finished in 14th place (13:51.87).

Women's 20-kilometre race walk — Rachel Seaman, Peterborough, Ont., placed 52nd in the event (1:37:36).

CANOE/KAYAK

CANOE

Men's singles 200 — Jason McCoombs of Dartmouth, N.S., placed fifth in the B-final (44.973; 13th overall).

KAYAK

Men's singles 200 — Mark de Jonge of Dartmouth, N.S., won the bronze medal with a time of 36.657 in a race where the top six competitors finished within 0.584 seconds of each other.

Men's doubles 200 — Ryan Cochrane, Windsor, N.S., and Emilie Fournel, Lachine, Que., were seventh in the final (35.396).

CYCLING (MOUNTAIN BIKE)

Women's cross country — Catharine Pendrel, Kamloops, B.C., was ninth (1:34:28); Emily Batty, Brooklin, Ont., was 24th (1:40:37).

DIVING

Men's 10-metre platform — Riley McCormick, Victoria, finished 11th in the final with a score of 493.35 points.

TAEKWONDO

Men's 80-plus kilograms — Francois Coulombe-Fortier, Quebec City, failed to advance following a 11-6 loss in the quarter-finals to Daba Modibo Keita of Mali.

WRESTLING (FREESTYLE)

Men's 120-kilogram class — Arjan Bhullar, Richmond, B.C., was eliminated after losing his round-of-16 match to Komeil Ghasemi of Iran, by points (1-0, 1-0).

BASKETBALL

MEN

Sunday's results
GOLD MEDAL
United States 107 Spain 100
BRONZE MEDAL
Russia 81, Argentina 77

WOMEN

Saturday's results
GOLD MEDAL
U.S. 86 France 50
BRONZE MEDAL
Australia 83 Russia 74

SOCCER

MEN

Saturday's result
GOLD MEDAL
Mexico 2 Brazil 1

VOLLEYBALL

MEN

Sunday's results
GOLD MEDAL
Russia 3, Brazil 2 (19-25, 20-25, 29-27, 25-22, 15-9)
BRONZE MEDAL
Italy 3, Bulgaria 1 (25-19, 23-25, 25-22, 25-21)

WOMEN

Saturday's results
BRONZE MEDAL
Japan 3, South Korea 0 (25-22, 26-24, 25-21)
GOLD MEDAL
Brazil 3, United States 1 (11-25, 25-17, 25-20, 25-17)

WATER POLO

MEN

Sunday's results
GOLD MEDAL
Croatia 8 Italy 6
BRONZE MEDAL
Serbia 12 Montenegro 11
FIFTH PLACE
Hungary 14 Spain 8
SEVENTH PLACE
Australia 10 United States 9

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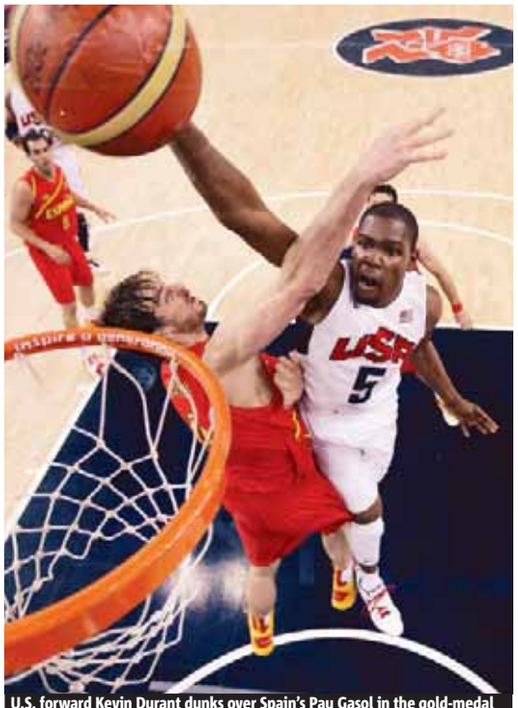

U.S. forward Kevin Durant dunks over Spain's Pau Gasol in the gold-medal game on Sunday in London. ERIC GAY/THE ASSOCIATED PRESS

Americans rise past Spain to reclaim Olympic crown

Basketball. Superstars Durant, James provide enough offence to overcome another gold-medal challenge from Spaniards

Gold-medal game

United States	Spain
107	100

This was no Dream Team. This was reality.

The gold medal was in doubt for the U.S. men's basketball team.

The Americans led Spain by only one point after three quarters, a back-and-forth, impossible-to-turn-away-from game that almost anyone would hope for in an Olympic final.

Especially, it turns out, the U.S. players.

"We knew it wasn't going to be easy. We didn't want it easy," LeBron James said. "A lot of teams have won gold easy. We didn't want it that way. We're a competitive team, and we love when it gets tight. That's when our will and determination kind of shows. It was the same way in '08."

Same result, too.

The Americans defended their title Sunday by fighting off another huge challenge from Spain, pulling away in the final minutes for a 107-100 victory and their second straight Olympic championship.

And, as in 2008, the star-studded Americans had to work for this one.

The London 2012 daily magazine proclaimed them "the new Dream Team" in an article, but the real Dream Team never had a game like this 20 years ago in Barcelona. And if that means this group isn't worthy of the comparisons to Michael Jordan, Magic Johnson, Larry Bird and Co., the players had their own response.

"Everybody wants to make that comparison, but at the end of the day we're both wearing these," forward Kevin Love said, pulling on his gold medal. "That's pretty good."

Kevin Durant scored 30 points and James had 19 on a day he joined Jordan as the only players to win the NBA title, regular-season MVP, NBA finals MVP and Olympic gold in the same year.

Pau Gasol scored 24 points and Juan Carlos Navarro had 21 for Spain. THE ASSOCIATED PRESS

Quoted

"It was a good year. It was a great year for me as an individual. But this right here, it means more than myself.... It means everything to the name on the front."

LeBron James who added a second gold medal to his resumé on Sunday, just a couple months after winning his first NBA championship.

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Horoscopes

♈ Aries
March 21 - April 20
Someone you love will be a bit touchy today, and for no apparent reason. The good news is their negative attitude won't last long – in fact, by the time the sun goes down they will be all over you again.

♉ Taurus
April 21 - May 21
For some strange reason you are reluctant to make the kind of decision that usually comes so easily to you. You may not know why you are suddenly so timid but, for the moment, it's the right thing to be.

♊ Gemini
May 22 - June 21
Are you living beyond your means? If so today's lunar eclipse of Venus, planet of value, in the money area of your chart will help you see where you need to make savings. It shouldn't be too traumatic.

♋ Cancer
June 22 - July 23
There are times when your feelings build up to such an extent that you have to let them out, and such a time is now. Whether they come out in a positive or a negative way is though a matter of choice.

♌ Leo
July 24 - Aug. 23
Go easy on yourself today, especially if something does not work out the way you expected. It's not the end of the world – in fact if you analyze what happens you will make success next time more likely.

♍ Virgo
Aug. 24 - Sept. 23
You may be angry that you made a bad decision but you are human like everyone else, so don't be too hard on yourself. Use this setback to motivate yourself to try again. There's always a next time.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler, is eclipsed by the moon today, which means you will have to make a conscious effort not to get emotional. Also, don't be judgmental when dealing with people whose way of life you don't approve of.

♏ Scorpio
Oct. 24 - Nov. 22
You will be confronted by some kind of injustice today and you will have to decide whether to get personally involved. Chances are you will. You just can't stand to see unfairness triumph.

♐ Sagittarius
Nov. 23 - Dec. 21
The planets warn that someone, somewhere is trying to deceive you. The fact that this is a person you trust implicitly makes the situation doubly dangerous. Be on your guard.

♑ Capricorn
Dec. 22 - Jan. 20
Where money is concerned there can be no room for sentiment or personal feelings today, because that will put you at a disadvantage. Whatever decisions you make they must be based on logic and common sense only.

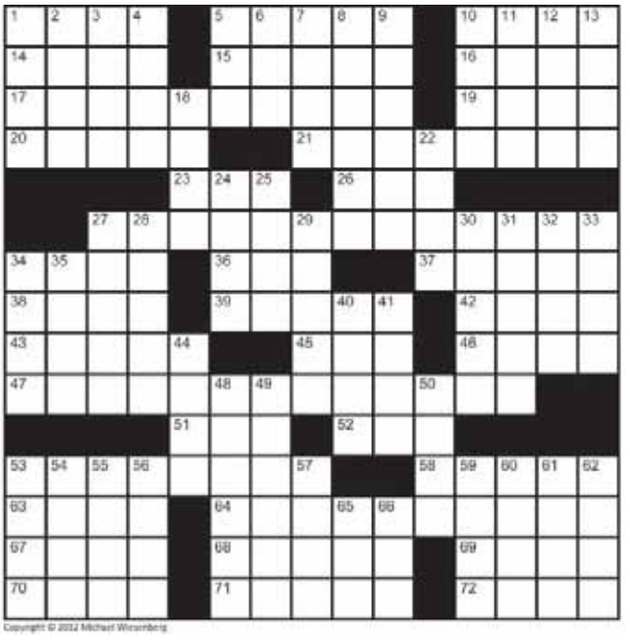
♒ Aquarius
Jan. 21 - Feb. 19
Refuse to get upset if things don't go your way. Yes, of course, it's unfair that you are struggling when others have got it easy but these things run in cycles.

♓ Pisces
Feb. 20 - March 20
Don't give ground on an issue that is causing you a lot of grief because there is a principle at stake here. Others do not have the right to demand that you embrace their values. Remind them of that fact — loudly.

SALLY BROMPTON

Crossword: Olio

BY MICHAEL WIESENBERG



Across
1. Croat neighbor
5. Deep-voiced opera singer
10. Canadian force
14. Industry mogul
15. Emulate 39-Across
16. "The low-priced spread"
17. Montréal-based 2011 Juno Album of the Year winner (2 wds)
19. See 39-Across
20. Actor George who played Mr. Sulu on Star Trek
21. It became a province in 1949, and quit having a separate name in 2001
23. ___-mo: video effect
26. Leading dye brand
27. Montréal-born jazz pianist who wrote "Canadiana Suite" (2 wds)
34. 30-day mo.
36. Many a CEO's deg.
37. Flour might go through it
38. Adjective for babies and puppies
39. With 19-Across, "Catch a Falling Star" singer, 1958
42. Police crisis team acronym
43. Operatic solos
45. Also
46. Slippery fish
47. Montréal-born hockey great Maurice (2 wds)
51. Wide shoe size
52. [Help!]
53. Annual Calgary event
58. Online loan source
63. Opera set on 61-Down
64. Maritime Province (2 wds)
67. Bird food
68. Cuts with scissors, as a coupon
69. Idiot
70. Orson Welles's Citizen ___
71. Barks
72. Olympic fencer's weapon

Down
1. "Shoo!"
2. Poet ___ Pound
3. Adjustable oven feature
4. Scottish hillside
5. Letters used in dating
6. Bark in the comics
7. Make dirty
8. "And what is ___ as a day in June?" (2 wds)
9. 0 or 1 to a programmer (2 wds)
10. Almond ___: toffee candy
11. Blockhead
12. Short note
13. Destitute
18. Computer storage
22. These are found on maps: abbr.
24. Rub one for a genii
25. "Be he alive ___ he dead": "Fe Fi Fo Fum" (2 wds)
27. Eye nerve
28. Chateaubriand
29. ___ Québécois
30. Step part
31. Did needlepoint
32. Racetrack shape
33. Takes home, as salary
34. Wound result, sometimes
35. 100 cents, overseas
40. Mythical birds
41. National Park just across Alberta-BC border from Banff
44. Barely flow
48. Itsy-bitsy
49. Decorated anew
50. "Be with you in ___!" (2 wds)
53. Alta. neighbor
54. "___ Yellow Ribbon Round the Ole Oak Tree" (2 wds)
55. Mideast Gulf
56. Fashioned
57. Badness
59. Be ominous
60. On
61. World's longest river
62. Actress Hudson or Winslet
65. "Killer" PC program
66. Air leak sound

Friday's crossword

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2			8		1			7
	5		3		9		6	
		8				5		
		9	2		5	3		
3								1
		4	1		6	9		
		1				6		
	4		5		8		2	
8			9		7			4

Friday's Sudoku

9	7	5	4	2	3	1	6	8
2	6	3	5	8	1	4	7	9
1	8	4	6	9	7	5	2	3
5	2	6	8	7	4	3	9	1
4	1	7	2	3	9	8	5	6
3	9	8	1	5	6	7	4	2
8	3	2	7	6	5	9	1	4
6	5	1	9	4	8	2	3	7
7	4	9	3	1	2	6	8	5

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